

## How to use your building to support social prescribing

Small changes can create great opportunities







- Welcoming entrance with a less clinical feel
- 2 Decorative pieces from local artists and schools to create sense of shared ownership
- Information on self-referral and community services

- Space for volunteers to isolated or struggling
- Tea and cake station and chairs facing each other to encourage conversation
- 6 Charity-run cooking classes or food bank support

- Allotments managed ) by local people and community groups
- Wellbeing gardens for people to relax, talk and destress
- 9 Outdoor gym for mental and physical wellbeing

- Use sheds or outbuildings 10) for outdoor community
- Bookable shared space for singular or group therapy
- Bookable shared space for 12 Bookable snared space for community groups, with evening access enabled for after work classes

- Co-locate support services such as free legal advice
- Office for link workers to work between clients
- Involve community members in the design of facilities and build relationships with them to understand their needs and priorities, and work together to cocreate initiatives
- Partner with local cafes to run support groups and other activities
- Nurture partnerships with ICS partners to enable more integrated care for communities



